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KNIGHTS FORWARD SENT BACK TO LONDON AFTER STINT WITH VANCOUVER CANUCKS

PAGE 20

Religion slipping in the polls

73% of Ontarians view Christianity favourably, down from '09, and just 25% view Islam favourably PAGE 3

Takes more than Madmen to sell razors in India

Gillette's attempt to sell overseas may take more than rebranding effort PAGE 8

Back to film, back to reality

Metro's DVD reviewer Peter Howell lists his top 10 films based on reality, from The Rolling Stones to living with the bears to the Vietnam War PAGE 14

Coun. Dale Henderson, pictured Thursday outside his daughter's London home where he rents a room.
MIKE DONACHIE/METRO

Rep's address arrangement is risky: Expert

Dale Henderson. Commuting councillor conforming to the letter of the law, not necessarily the 'spirit of the law', says associate professor at Western

He's not breaking the rules, but one London councillor is taking a risk with voters by ignoring the "spirit" of the law, a Western University political science professor says.

Simply put, Coun. Dale Henderson doesn't live in London. And he told Metro on Thursday that he worked with a lawyer and real-estate agent to stay eligible for public office in the city.

Ontario law says he must be a property owner or tenant in the city to be a councillor — and he is.

When first elected in 2010, Henderson used his business address at the Western Fair District to qualify, but his London Music Theatre there failed and the building's been demolished.

He's since rented a room in his daughter's house in west London and filed the tenancy agreement at city hall. But Henderson acknowledges he still goes home to Kilworth every night.

Martin Horak, an associate professor at Western University and director of its local government program, said the situation is "less than ideal."

But he confirmed Henderson's arrangement does meet the legal requirements.

He said: "I would say the situation is less than ideal, in the sense that Coun. Henderson has obviously been transparent about it, but he's making arrangements here that allow him to conform to the letter of the law without necessarily conforming to the spirit of the law."

The law is designed "to ensure that the people who represent us on council are closely in touch with local issues," Horak said.

He agreed that's not a problem for Henderson, who's just outside the city.

The real test, said Horak, will be how well he does his job and how people feel about where he lives.

"Ultimately, the voters will decide," he added.

On Thursday, Henderson said he does have "assets" in the city, which technically he could claim as a basis for being inside the law.

But, it's "private stuff" and Henderson won't say what, or where, it is, much less list it as his official address on file at city hall. He was adamant that "the paperwork is correct."

"I could rent a room from you," he said. "It doesn't matter.

"The fact it happens to be my daughter's property doesn't matter. There happens to be a bed there. I can even sleep there if I want."

MIKE DONACHIE/METRO

Livin' in London

- Of the 15 members of council — 14 councillors and the mayor — only two don't live in London, according to paperwork on file at city hall.
- Coun. Dale Henderson lives near Kilworth and has rented a room from his daughter so he has an address in the city.
- Mayor Joe Fontana lives in Arva but qualifies for municipal office because he owns property in south London.

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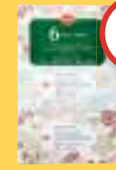

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Conference

Canada's coming to London

London has been tapped to play host to the country.

The Federation of Canadian Municipalities (FCM) will have its Sustainable Communities Conference in the Forest City next February.

During the annual conference, elected officials from cities and provinces across Canada come together to learn about the latest strategies and best practices for community development. Delegates will also include representatives from the private and non-profit sectors along with those from academia and the federal government.

METRO

Devonshire Avenue

Woodstock officer charged in crash

A Woodstock police officer has been charged with careless driving for a Sept. 27 crash on Devonshire Avenue.

Police said Const. Crystal Hough was driving west near Valleyview Drive about 11:30 p.m. when she rear-ended another vehicle. Hough, a six-year member of the force, was responding to a call at the time.

Damage to the front of the police cruiser is estimated at $3,000. Damage to the other vehicle is estimated at $1,000.

Hough faces a $490 fine and six demerit points on her driver's licence. METRO

Mural gives building exterior a punch

Artists were hard at work Thursday on a new mural being painted on the side of Under the Volcano restaurant. The restaurant moved to Riverside Drive and Wharncliffe Road from Richmond Row several months ago and has been slowly giving the building's exterior a bit of punch. When completed, the mural will advertise the eatery itself and a specific brand of tequila.

MIKE DONACHIE/METRO

Religion not getting the love, poll finds

Survey. Islam gets viewed least favourably in Ontario

SCOTT TAYLOR
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Religions of all faiths are becoming less favourable to Canadians across the country, according to a new survey by Angus Reid Global.

While most people in Ontario — 73 per cent — still have a positive opinion of Christianity, even that number was down slightly compared to a similar survey completed in 2009.

Islam is taking the most heat with only 25 per cent of people in Ontario viewing it in a "favourable" light, the survey shows.

The same percentage of people said they would be in favour of their child marrying someone of the Islamic faith. Thirty-four per cent said they wouldn't accept such a union.

Just over half of people surveyed said they would find it acceptable for a child to marry a Jew.

Western University professor Alain Goldschläger, who established the Holocaust Literature Research Institute, said London has a small, but long-established Jewish community that doesn't face the adversity seen elsewhere.

However, the environment is still short of ideal.

"We've had incidents at the cemetery, some desecrations, so it happens," he said.

"Two weeks ago during the High Holidays, or at any serious ceremonies, you have police cars in the parking lot of the synagogue. "Of course, it's more for prevention, but it's a sign, too."

Goldschläger said he's never seen a major incident at a local synagogue, but noted that he doesn't see officers outside churches.

"They're very welcoming of the worshippers," he added of the police, "but I don't think that's the idea."

By the numbers

London population by religion:

- **Christian:** 226,613
- **Catholic:** 97,285
- **Muslim:** 15,780
- **Hindu:** 2,790
- **Jewish:** 1,715

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Why living in the student ghetto can be a good thing

The Good Neighbour Campaign. Street cleanups part of initiative involving Western students in community

MIKE DONACHIE
mike.donachie@metronews.ca

Many Londoners have students as neighbours, and those students are trying to be the best neighbours they can.

That was the message from Western's University Students' Council president Pat Whelan as he explained the ongoing Good Neighbour Campaign.

The idea is to show the value of students to London, and one of the first steps was to mobilize teams to clean up the streets after last weekend's homecoming celebrations.

"It was just a way to put a dent in some of the mess that was caused by homecoming," said Whelan.

"It was part of a broader strategy that we call the Good Neighbour Campaign.

"It was one way of building relationships with the community and giving students a warm introduction to the city."

He continued: "It's designed mostly in response to some behaviour by students that has upset London community members and in response to (the police department's) Project LEARN.

"Our approach is to have to be more proactive in the community. The goal of the Good Neighbour Campaign is to provide more education for the community that shows students have every right to be here, just like any other London citizens."

Last weekend's arm of the good neighbour campaign came as national headlines captured Western students butting heads with city officials.

Cheerleaders were slapped with a $140 ticket on Saturday as students took over Boughdale Avenue — a street near campus — during a homecoming party, which police said was spiraling out of control.

The ticket, one of 270 doled out that day, was written because an impromptu performance by the cheerleaders hindered officers' ability to clear the street, police said.

Many people, including cheer coach David-Lee Tracey, were outraged, but police have said the ticket will stand.

London Calling

- Amir Eftekartour, vice-president of external relations for Western's University Students' Council, said more cleanups are planned, including one after celebrations on St. Patrick's Day.
- There are also plans to visit schools and encourage students to go on to university or college.
- Every new student at Western this year received a book called London Calling, containing a welcome from Mayor Joe Fontana and information about London and, importantly, its bylaws.

Ready for the next cleanup are leading University Students' Council members Amir Eftekartour, left, Jasmine Irwin and Tyler Reaume. MIKE DONACHIE/METRO

London officers net cocaine, gun during traffic stop

Police seized this gun and cocaine during a Wednesday traffic stop. CONTRIBUTED

Police hit the jackpot Wednesday with a traffic stop at Highbury Avenue and Hamilton Road.

Officers seized $120,000 worth of cocaine and cash along with a loaded nine millimetre Sig Sauer handgun. Everything was found in what must have been the most valuable backpack in the city that night.

As a result of the stop, a search warrant was executed at a residence on Osgoode Drive, where $18,140 worth of marijuana bud was discovered.

Mahmoud Osman, 53, Jerome Williams, 24, and 24-year-old Michael Nguyen, all of London, were arrested and face a slew of weapons and drug charges.

The traffic stop was the result of an investigation by the London police guns and drugs section, which consists of both local police and Mounties.

Police stopped the vehicle because it was believed that at least one of the occupants was carrying drugs.

In a related story, Middlesex OPP officers also made good use of a traffic stop one day earlier.

They stopped a vehicle on Highway 401 at Colonel Talbot Road on Tuesday because the driver was seen using a cellphone.

During the course of the stop, police found cocaine and marijuana in the vehicle.

Dylan Mertz, 21, of Chatham, has been charged with possession of cocaine for the purpose of trafficking and possession of marijuana under 30 grams. He was released with a promise to appear in court at a later date.

SCOTT TAYLOR/METRO

Fire Prevention Week

Grease is the word for kitchen blazes, fire department says

The London Fire Department is using a real-life example to stress its message during Fire Prevention Week.

This year's theme focuses on preventing kitchen fires, and a Wednesday call to an Adelaide Street home shows what can happen when things don't quite work out on the stove, firefighters say.

No one was hurt but the blaze, sparked by a woman cooking French fries, caused structural damage to the home. Firefighters are reminding people to never leave food that's cooking unattended.

Cooking gone wrong is the leading cause of home fires and injuries across Ontario, Deputy Chief Jim Jessop said.

SCOTT TAYLOR/METRO

Bacterial contamination

Warning issued over Blue Glass bottled water

Water from a Caledon spring marketed for its health benefits poses a potential public health risk to restaurant diners across southern Ontario, where it has been sold in stylish blue bottles, public health officials say.

Ontario's chief medical officer of health is warning people not to drink or sell water from Blue Glass Water Company Ltd. after samples were found to be heavily contaminated with bacteria.

Health officials shut down the company following concerns about the product's safety, but inspectors have spotted the water bottles at restaurants. TORSTAR NEWS SERVICE

The new traffic lights are put in place Thursday near St. Andre Bessette school on Fanshawe Park Road.
MIKE DONACHIE/METRO

Safer school crossing only a few days away

Green to go. Traffic signals to be ready at secondary school a week early

MIKE DONACHIE
mike.donachie@metronews.ca

Students at a north London school will have a safe place to cross next week.

City Coun. Matt Brown said the new traffic signals outside St. Andre Bessette school on Fanshawe Park Road will be in place earlier than planned.

The issue led to sharp words at a city council meeting last month after officials found out developers had not installed signals in time for the school's opening. That led to politicians approving a $50,000 plan to install temporary lights until developers came through with a permanent fix.

The lights were hoisted into place Thursday, and they will be wired up and working by Wednesday or Thursday of next week — a week ahead of the expected Oct. 17 completion date.

"It's good news," said Brown, who raised the issue with the city after being approached by community members concerned about students' safety. "I think it's a great example of our community partners working together towards a common goal.

"As a community we have many priorities. Chief among them is the safety of our young people."

Without the traffic signals, students were running across the road — dodging traffic — to get home. Nearly 130 St. Andre Bessette students don't qualify for bus travel but live south of Fanshawe Park Road.

While waiting on the lights, the school and London police have been educating students about road safety. The police also had a presence there before and after school.

Smaller bill than expected

The city was to pay $50,000 for a set of temporary lights on busy Fanshawe Park Road, but council was told the bill had been cut.

- Reusing equipment means the total cost was $25,000, and nearby businesses have pledged nearly all the money.
- The cost to the taxpayer is just $4,500.

Tips sought. More women report ride-by sexual assaults: Cops

More women have contacted police about a man wanted for a series of sexual assaults between Aug. 26 and Sept. 22.

Police originally spoke with six females ranging in age from 13 to 28. After investigators put out a call for other victims to step forward, another three females said they had been groped by a man matching the description of the suspect in the previous incidents.

They are also between 13 and 28 years old.

The suspect allegedly touches women as he rides by them on a bicycle.

The most recently reported incidents occurred on or near: Dufferin Avenue at William Street at 2 a.m. Aug. 28; King Street at Thames Street at 11:59 p.m. Sept. 3; and Baseline Road at Ridout Street at 8:45 p.m. Sept. 9.

The suspect is described as black, with a light to medium complexion and a medium build. He's five-foot-six to five-foot-10 with short, curly hair.

Anyone with information is asked to call police at 519-660-5842, email project@police.london.ca or contact Crime Stoppers at 800-222-8477. SCOTT TAYLOR/METRO

Police have released this image of a suspect wanted for allegedly sexually assaulting at least nine women since Aug. 26. CONTRIBUTED

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Peace activist Audrey Tobias, 89, steps out of a Toronto court to speak with journalists Thursday. CHRIS YOUNG/THE CANADIAN PRESS

Census protester won't back down, pleads not guilty

'I am ashamed of my prime minister.'
89-year-old objects to U.S. company's involvement in Canadian process; Crown says no lawful excuse for refusal

A defiant octogenarian pleaded not guilty Thursday to criminal charges arising out of her refusal to fill out the 2011 census, and said she would not pay any fine if convicted.

Audrey Tobias, 89, of Toronto, told an Ontario court she agreed with the aims of the census, but objected to the involvement of American arms behemoth Lockheed Martin.

"When I learned that the contract for the information technology was being given to a foreign company, I was shocked," Tobias testified.

"I am ashamed of my prime minister … who ultimately made the decision. Because of that, I couldn't fill it in."

Tobias is charged with violating the Statistics Act.

The defence maintained that forcing her to complete the census would violate her freedoms of conscience and free expression.

Judge Ramez Khawly was clearly skeptical as lawyer Peter Rosenthal made his arguments, and wondered aloud what would happen if the court sent a "signal" that it was OK to opt out of the census.

The Crown said Tobias had no lawful excuse for her refusal.

Tobias said she was unconcerned about the consequences of a conviction, which carries a maximum three months in prison.

"I'm not worried; we'll take it as it comes," she said during a break in the proceedings.

THE CANADIAN PRESS

Quoted

"Of course, I would not pay (a) fine — that would be an admission of guilt." Audrey Tobias

Two Canadians, entire Greenpeace crew charged

Two Canadians are among those facing prosecution after Russian investigators say they charged the entire crew of the Greenpeace ship Arctic Sunrise with piracy for a protest at a Russian oil platform.

The crew includes Alexandre Paul of Montreal and Paul Ruzycki of Port Colborne, Ont., and the charge they both face can result in a 15-year prison term upon conviction.

Greenpeace denies any wrongdoing and describes the charges as absurd. The mother of one of the Canadians says they make no sense.

"I think we can agree that piracy involves weapons and taking control of another vessel. Greenpeace did nothing like that," Paul's mother, Nicole Paul, said in a phone interview from Pike River, Que.

Nicole Paul said her son has travelled the globe the last seven years to defend his ideals and that he once spent a night in prison in Scotland before being released without charge.

"Nothing has ever happened like this. They're being treated like terrorists."

She said the activists were protesting peacefully.

In Russia, the Investigative Committee said in a statement that the piracy charge was filed Thursday against 16 members of the crew, including a prominent Russian freelance photographer. The crew's other 14 members were similarly charged Wednesday.

THE CANADIAN PRESS

In this photo taken Wednesday, the Russian Investigative Committee inspects the Arctic Sunrise near Murmansk, Russia.
DMITRI SHAROMOV/GREENPEACE/THE ASSOCIATED PRESS

Foreign affairs

A Canadian Foreign Affairs Department spokesman said the government is aware of the situation involving the two Canadians and consular services were being provided "as required."

Cyber attacks

13 members of Anonymous indicted

A federal grand jury has indicted 13 members of the Internet hacking group Anonymous for allegedly carrying out cyber attacks against websites worldwide.

The members are accused of targeting governments, law firms, financial institutions and other institutions. The indictment says victims of the attacks range from the Recording Industry Association of America to MasterCard.

THE ASSOCIATED PRESS

North of Toronto

Police investigate after 6 severed cat heads found

Cat owners in a community north of Toronto are being warned to keep their pets indoors after a number of severed cat heads were found.

York Regional Police said Thursday there have been six recent incidents in Whitchurch-Stouffville where heads and, in one case, other body parts of a dismembered cat were found in public locations.

Investigators don't know what the motive behind the dismemberments could be, said Const. Andy Pattenden.

But he said it's believed the dismemberments were done intentionally, adding the heads were all placed within a one-kilometre area in residential neighbourhoods.

The first incident was reported Aug. 12 when a head and two legs were found near a daycare centre. Five other cat heads were found during the next few weeks, with one being found near a school, and the last incident was reported on Sept. 13, when a homeowner found her cat's head in front of her residence.

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A wrecked Capitol Police car blocks the street following a shooting on Capitol Hill in Washington on Thursday. CHARLES DHARAPAK/THE ASSOCIATED PRESS

Woman shot dead in D.C. ramming spree

White House to Capitol Hill. Driver tried to break through security with an infant inside the vehicle

A woman with a year-old child led Secret Service and police on a harrowing car chase from the White House past the Capitol on Thursday, attempting to penetrate the security barriers at both national landmarks before she was shot to death, police said. The child survived.

"I'm pretty confident this was not an accident," said Metropolitan Police Chief Cathy Lanier. Still, Capitol Police said there appeared to be no terrorist link. Authorities would not say whether the woman had been armed.

Tourists, congressional staff and even some senators watched as a caravan of law-enforcement vehicles chased a car down the street outside the Capitol.

House and Senate lawmakers, inside debating how to end a government shutdown, briefly shuttered their chambers as Capitol Police shut down the building.

Police open fire

> **"There were multiple shots fired, and the air was filled with gunpowder."**
>
> Witness Berin Szoka, whose office overlooks the shooting scene

The woman's car at one point had been surrounded by police cars and she managed to escape, careening around a traffic circle and past the north side of the Capitol.

Video shot by a TV cameraman showed police pointing firearms at her car before she rammed a Secret Service vehicle and continued driving. Lanier said police shot and killed her a block northeast of the historic building.

One Secret Service member and a veteran of the Capitol Police were injured.

THE ASSOCIATED PRESS

U.S. shutdown. Americans learn that, yeah, the feds run a whole bunch of stuff

Americans are finding their lives upended in startling ways by the government shutdown now in its third day. Weddings are in peril, vacations are ruined and a farmer can't even cash a cheque.

The federal government, people are learning, comprises a lot more than the stereotypical faceless bureaucrat.

About 800,000 of those workers, from tax agents to janitors, are bearing the brunt of the shutdown, forced to stay home without pay.

Two dozen October weddings, including nine this week, are in jeopardy because they're scheduled for closed-off monument sites in Washington. The same was true for a couple planning to marry at the Grand Canyon.

Or consider the Wisconsin farmer who can't cash a cheque for a cow he sold.

Ben Brancel, the state's agriculture secretary, said that because the farmer has a federal loan, he can't cash the cheque without both his own signature and one from a Farm Service Agency official.

American Indian tribes, who rely more heavily on federal subsidies, are coping with disrupted services including foster-care payments, nutrition programs and financial assistance for the needy.

Some tribes intend to fill the gap in federal funds themselves, risking deficits of their own to cushion communities with chronic high unemployment and poverty.

Also taking a hit is the federal Head Start program that provides pre-school, meals and health care to more than a million low-income children a year.

Aspiring home owners applying for a mortgage can expect delays, especially if the shutdown is prolonged.

One possible silver lining: The whole thing could serve as a teachable moment for all those people who tell pollsters they want budget cuts — as long as they aren't directly affected. THE ASSOCIATED PRESS

Tourists take photos of the Statue of Liberty from their tour boat on Thursday. The statue is closed as a result of the government shutdown. MARK LENNIHAN/THE ASSOCIATED PRESS

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YOUTUBE GETS A FILM FEST

Just weeks after some of Hollywood's biggest names cleared town at the end of the Toronto International Film Festival, the city will soon be host to another barrage of visiting filmmakers attending a multi-day festival. This one is dedicated to the art of YouTube. The inaugural Buffer Festival, which highlights the work of some of the top creators on Google's video streaming website, comes to Toronto on Nov. 8 and runs for three days.

While not household names, the creators behind the YouTube channels CTFXC, Charlie Is So Cool Like, DailyGrace, Jack's Films, The Fine Brothers and MysteryGuitarMan — all pictured, clockwise from top left —as well as Prank vs Prank, Schmoyoho, IISuperwomanII and What the Buck? each have more than one million subscribers who have signed up to see everything they post online. "In 2011, YouTube was definitely something that everyone knew about, but I think in 2013 it's something that everybody not only knows about but is starting to respect and the public is starting to become aware of what a YouTube celebrity is," said St. Catharines, Ont., native Corey Vidal, whose company ApprenticeA Productions is spearheading the festival. "They know about people like Jenna Marbles and Ray William Johnson, whose names are entering the mainstream. People know that people are building careers off of YouTube." THE CANADIAN PRESS

An idea is born

2011

Buffer Festival founder Corey Vidal said he first had the idea for a YouTube film festival in 2011, but it wasn't until a chance meeting last year with someone from the Canadian Film Centre that a real plan took shape.

The art of making a razor for the developing world

Marketing. In India, designing a relevant product meant going into people's homes to watch them shave

Gillette has sold razors in India for more than a decade. But the Gillette Guard, a low-cost razor designed for India and other emerging markets, quickly gained market share after it was introduced three years ago and today represents two out of every three razors sold in India. THE ASSOCIATED PRESS FILE

Procter & Gamble executives say it was striking the first time they witnessed a man shave while sitting barefoot on the floor in a tiny hut in India. He had no electricity, no running water and no mirror.

The 20 U.S.-based executives observed the man in 2008 during one of 300 visits they made to homes in rural India. The goal? To gain insights they could use to develop a new razor for India.

"That, for me, was a big 'a-ha,'" said Alberto Carvalho, vice-president, global Gillette, a unit of P&G. "I had never seen people shaving like that."

The visits kicked off the 18 months it took to develop Gillette Guard, a low-cost razor designed for India and other emerging markets.

Introduced three years ago, Guard quickly gained market share and today represents two out of every three razors sold in India. The story of how Guard came to be illustrates the balance companies must strike when creating products for emerging markets: It's not as simple as slapping a foreign label on an American product.

To successfully sell products overseas, particularly in developing markets, companies must tweak them so they're relevant to the people who live there. And often, that means rethinking everything from the product's design to its cost.

More companies will have to consider this balancing act as they increasingly move into emerging markets such as India, China and Brazil to offset slower growth in developed regions such as the U.S.

For its part, P&G has doubled the percentage of its roughly $20 billion in annual revenue coming from emerging markets since 2000 to about 40 per cent. Ali Dibadj, a Bernstein analyst who follows P&G, said the Guard razor, which has been used by more than 50 million men in India, serves as a road map for companies seeking to court emerging markets.

Quoted

"It made P&G realize how much investment it really takes to be successful in India."

Bernstein analyst Ali Dibadj

"It made P&G realize how much investment it really takes to be successful in India," he said. "That's the art of emerging markets."

India long has been an attractive country for U.S. companies looking for growth. It has 1.24 billion people, and its economy is bustling. Still, its widespread poverty presents challenges for firms used to customers with more disposable income. India's per capita income is just about $124 US a month, compared with $4,154 in the U.S., according to the World Bank. THE ASSOCIATED PRESS

BlackBerry. Rogers opts not to stock Z30 model

BlackBerry says its latest smartphone will arrive in Canadian stores later this month, but it won't have the support of one of the country's largest carriers — Rogers.

Rogers' decision not to stock the Z30 touchscreen model, which will become available in Canada on Oct. 15, comes as a surprise since the Toronto-based wireless and cable company was an early adopter of BlackBerry products.

Rogers also hosted the Canadian debut of the new generation of BlackBerry phones at its headquarters in February, with BlackBerry chief executive Thorsten Heins and Rogers head Nadir Mohamed posing for photos together.

Rogers already stocks BlackBerry's Z10 touchscreen phone, the Q10 keyboard version and a lower priced Q5 model but isn't adding the larger Z30, which is roughly the size of a Samsung Galaxy 4. "We believe we can fulfil our customers' demand for a BlackBerry device with our current lineup," said a Rogers spokeswoman in an email. THE CANADIAN PRESS

Music streaming

Rdio launches free mobile listening

Digital music service Rdio launched its free Internet radio service in the U.S. and Canada on Thursday. For now, the app that works on Apple and Android devices won't play ads between the songs that are randomly picked based on genres, artists, songs or albums. The company hopes nonpaying listeners will sign up for a $10-a-month subscription that adds features like the ability to pick and choose exact songs and albums. THE ASSOCIATED PRESS

Market Minute

DOLLAR 96.84¢ (+0.05¢)

TSX 12,735.12 (-103.88)

OIL $103.31 US (-79¢)

GOLD $1,317.60 US (-$3.10)

Natural gas: $3.51 US (-3¢)
Dow Jones: 14,996.48 (-136.66)

LIFE HAPPENS BETWEEN COMMERCIALS

THE METRO LIST
Paul Sullivan
metronews.ca

It's time to gather around the virtual water cooler for this week's Metro List. Here goes:

1 **Shutdown rerun.** Is the U.S. government really shut down, or is this just an uncanny re-enactment of a 2003 episode of The West Wing, called, naturally, Shutdown? Let's hope life imitates art and they get this thing solved before the commercial break.

2 **True patriot love for everyone.** Not just all "thy sons," as in O Canada. Prominent Canadians Margaret Atwood and former PM-for-a-day Kim Campbell want to change the national anthem to "true patriot love in all of us command." Benefits: gender neutrality and one less "thy." Drawbacks: it still doesn't make much sense.

3 **Speaking of patriots.** The author of The Hunt for Red October and Patriot Games may have died this week at 66, but Tom Clancy the brand lives on. His 17th novel, Command Authority, is due out in time for Christmas, and there's a new movie — Shadow One — featuring his main character Jack Ryan, due for release at the same time. The former insurance salesman had 100 million books in print and left a fortune worth US$300 million on the strength of a single plot line: America wins. It's fiction, after all.

4 **50 shades of red in the face.** Believe it or not, 52,500 people (so far) have signed a petition protesting the selection of screen newcomers Dakota Johnson and Charlie Hunnam to play the heroine and hero of turgid bondage fantasy 50 Shades of Grey, preferring Alexis Bledel and Matt Bomer instead. Whoever they are. Fans have even put together fake trailers of the two in the lead roles. Bledel is reported to be flattered and more than a little freaked out to be so honoured. Imagine how Dakota and Charlie feel: What, we're not kinky enough?

5 **Jacques Parizeau, enlightenment philosopher.** Even the politically tone-deaf Parti Québécois must realize it's in trouble when the party's notorious grouch emeritus gives thumbs down to the proposed charter banning religious dress such as burqas and paraphernalia such as kirpans from the public service workplace. Even he, who once blamed "ethnic votes" for losing an election, says it goes too far. Although Parizeau is a former PQ premier, that doesn't cut any ice with party brass, who are all shrugging in harmony. They'll "consider" his comments, says a spokesperson, as well as the other 25,000 comments left on the PQ website.

6 **Well, she's, like, really old or something.** It says something about our health-care system when a hospital sends a 90-year-old blind woman home in a taxi in a rain storm, wrapped in a bed sheet, dressed only in her PJs and slippers, bleeding and alone at 2:30 a.m. Something that cannot be repeated in a family newspaper. B.C.'s Premier Christy Clark expressed concern and Fraser Health authority has apologized to Vivian Fitzpatrick, but really? They should be made to eat hospital food after awakening her at that hour for no reason at all.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Shoo fly don't bother me

ALBERTO GHIZZI PANIZZA/SOLENT

Damselflies hold legs in cute picture

These vividly-coloured damselflies look like they are on a romantic date, seemingly holding each other while cuddling up with a flower.

Italian photographer Alberto Ghizzi Panizza spotted these cute insects near the River Po in the Po Valley, Italy. He took shots of the damselflies shortly after dawn as they rested on wild flowers. **METRO**

Q and A

'Jostling for a position to rest'

ALBERTO GHIZZI PANIZZA
Photographer, 38, from Parma, Italy

What is their normal behaviour?
They rest alone on flowers to dry their wings which get covered in early morning dew, so the insects are in fact competing for rights to that resting spot. They look like they are affectionately holding 'hands' but in truth the bugs are just jostling for a position to rest.

What does the photograph have to tell us?
Beneath every wildlife photograph is the message that we should always respect nature.

This is a bug's life

- There are 5,000 species of Odonata (damselflies and dragonflies) — the scientific name meaning 'toothed ones' due to the insects' mandibles. They are carnivorous and hunt spiders and tiny fish.
- Odonata look the same as they did in the Jurassic era, about 135 million years ago.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Welcome to Canada Rdio. Er, I mean welcome to Canada free Rdio. With its launch into Canadians' smartphones (Apple and Android only, sorry BlackBerry users), we've dug up what else is out there for your mobile streaming needs — that you haven't already discovered.

IndieShuffle:
Curated by real people who actually know music, discover bands that you — and your cooler friends — have probably never heard of. Available on Apple and Android devices.

The Hype Machine:
Streams music based on what people in specific locations are blogging about so you never have to miss a blogged-about beat. Hype Machine for Apple, UberHype for Android.

Easytune:
Finally something for the BlackBerry user (Hello? Hello? Are you still out there?). Easytune is a free download that lets users stream their favourite jams, create playlists and share with pals. It's relatively new, so give 'em a break while they work out their kinks.

Twitter

@metropicks asked: Have you read Sinead O'Connor's advice to Miley Cyrus? Who else do you think should mentor her?

@buzzbishop: Going to go out on a limb here, but how about ... her parents?

@shillelaghspub: Dean West - the boot camp drill sergeant from Maury for sure lol!

@caitedge: maybe she just needs less people telling her what she needs

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

metro

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THE HUNGER GAMES: CATCHING FIRE

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Synopsis

This is a spacey story about medical engineer Dr. Ryan Stone (Sandra Bullock) and astronaut Matt Kowalsky (George Clooney). She's an uptight novice; he's a wisecracking vet on his final mission. It's routine stuff until a debris storm, comprised of bits and pieces of old satellites, crashes into their space shuttle. Stone is knocked "off structure" and drifting through the inky darkness while Kowalsky uses his experience and calm to rescue her. The storm has also knocked their communications offline and they are forced to become Space MacGyvers in order to survive.

- Richard: ●●●●○
- Mark: ●●●●○

Sandra Bullock is an uptight novice who gets into serious trouble in Gravity. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

The pull of pretty shots

Gravity. A story of isolation is couched in beautiful cinematography

Richard: Mark, Gravity is an ambitious film. From a technical point of view it's a wild outer space adventure, but it is grounded by Ryan Stone's personal story and her search to find meaning in her life. It's not an epic like 2001: A Space Odyssey or an outright horror film like Alien. There are no monsters or face hugging ETs. It's not even a movie about life or death. Instead it is a life-affirming movie about the will to survive. What did you think?

Mark: Richard, I think the movie is about our deepest fear: the fear of being alone. Sandra Bullock is literally adrift and detached from everything and the effect is powerful. It may take place in space but reminded me of films like Castaway and 127 Hours.

RC: It does have a lot in common with those movies, plus some mind-bending special effects. The isolation of space is well portrayed, the "off structure" sequences are tense and effective and the shots of Bullock drifting in the inky darkness or floating through her space shuttle are beautiful, like interstellar ballet. As effective as the human story is in Gravity, however, I could almost imagine turning the sound down and being content to just watch the pictures. Like Laser Floyd in Space. What did you think of Bullock?

MB: She was great; very moving. But it's the cinematography that's the real star. Pure visual poetry. If there were ever a movie that deserved to be seen in 3D IMAX this is it. But the music was kind of overwrought, wasn't it?

RC: It's strange, but I don't really remember the music. There is no sound in space, I guess. For me the movie is all about the visual beauty. The 17-minute-long uninterrupted shot that starts the film is spectacular and overall the look will make your eyeballs dance, although I wonder though if it isn't just a bit too in love with its technique in places. There's a scene where we see Bullock reflected in one of her own, gravity free, tears. It's a great image but one that feels a bit too clever. It was one of the few times in the film that I thought I was watching a special effect.

MB: I noticed the tears too, although I was just grateful she didn't have a runny nose.

Machete Kills, but Machete also golfs

Danny Trejo. Despite his rough exterior, this character actor is just a big old teddy bear

LIZ BROWN
liz.brown@metronews.ca

Machete Kills opens next Friday. CONTRIBUTED

When Hollywood needs someone to play a badass Mexican, the only guy to call is Danny Trejo.

With his craggy face, pony tail and chest tattoo of a sombrero-clad woman, he's the kind of hombre that would make plump pasty Gringos run back to the border on those loco toe-dipping trips to Tijuana.

And he doesn't just have the look for these roles, he's got the resumé too. Highlights include past drug addiction and multiple stints in prison. He spent time in San Quentin in the 1960s and at one point during a riot threw a rock that struck a prison official — during that time a gas chamber offence.

But he's come a long way from those dark days. The sequel to Machete — his first leading-role film — hits theatres next Friday.

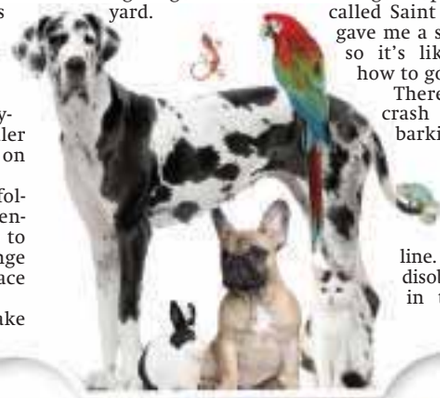
Machete Kills sees Trejo (a.k.a. Machete) in the employ of the quippy U.S. President (Charlie Sheen). His mission? To shut down a psycho billionaire arms dealer (Mel Gibson) intent on blowing up the world.

A 12-step program followed by a series of serendipitous events led Trejo to this new life — it's a change he attributes to the "grace of God."

"Every morning I wake up is an absolute blessing and every night I go to bed is an absolute blessing," he says in a phone interview from his home in L.A.'s San Fernando Valley.

At 69 years old, Trejo's interests have moved from prison brawling to golf and his rescue dogs.

Today, he's supervising a team of workers who are installing a driving range in his backyard.



"I'm doing a sitcom with George Lopez right now called Saint George and he gave me a set of golf clubs so it's like, 'Let's learn how to golf,'" he says.

There's a pause, a crash and raucous barking.

"HEY! YOU STOP THAT."

In another minute he's back on the line. "I have the most disobedient dogs in the world. I've got six of them. I just rescue them. I think they were all going to the gas chamber too," he laughs.

But back to Machete and all his other characters, like that knife-thrower in Desperado who takes down Steve Buscemi and almost ends Antonio Banderas.

That scene changed my life. It was so damn *cool*, I gush.

He laughs again.

"I can throw a knife, but you gotta remember that's movie magic, and (director Robert Rodriguez) is the best at it."

Apparently Machete is better at throwing double-headed axes. "I'm really good at that," he insists.

But for all his tough guy swagger, Machete isn't invincible.

"I had a sword fight with Mel Gibson in this movie and when Robert Rodriguez said, 'Action,' I threw my sword down and he said, 'What's wrong Danny?' and I said, 'I'm not fighting William Wallace, come on, he saved Scotland, are you crazy?'"

To find out who won that brawny battle, you'll have to check out the film on Oct. 11.

Danny Trejo

- **Prison boxer.** While doing time in San Quentin, he won the lightweight and welterweight boxing titles.
- **His first role.** Came about through someone he met at a Cocaine Anonymous meeting in 1985. That person took him to the set of Runaway Train where he was offered a role as a convict extra. He also trained some of the actors on the set in boxing for $350 a day.

Giving thanks

"Every morning I wake up is an absolute blessing and every night I go to bed is an absolute blessing."
Danny Trejo reflecting on his life

Tom Clancy had some Hollywood hate

Author regrets. Thriller writer didn't like giving up the creative reins

Jack Ryan is the sort of American hero that's been a screen staple since the silent era. Harrison Ford, Alec Baldwin and Ben Affleck have all played the fictional CIA analyst, and Chris Pine joins the list when Jack Ryan: Shadow One opens on Christmas Day.

The character was Tom Clancy's version of an American James Bond, said Gregg Kilday, film editor for The Hollywood Reporter.

Clancy, who died Tuesday at age 66, "wrote these very solid, meat-and-potatoes thrillers," Kilday said.

"They offered up a lot of material that directors and actors could work with in fashioning straightforward, semi-patriotic espionage and action-adventure movies."

Each adaptation was a hit: The Hunt for Red October, Patriot Games, Clear and Present Danger and The Sum of All Fears.

But despite the success, the author's relationship with Hollywood was often contentious.

While he enjoyed the exposure, he regretted the lack of creative control.

"Giving your book to Hollywood is like turning your daughter over to a pimp," he famously said.

"He took potshots at a number of films," Kilday noted.

"He didn't like that movies like Clear and Present Danger and Patriot Games didn't simply reproduce the plots of his novels," which were too complex to fit into a two-hour screenplay.

THE ASSOCIATED PRESS

Drama

The Spectacular Now

Director. James Ponsoldt

Stars. Miles Teller, Shailene Woodley

The Spectacular Now may be this generation's The Breakfast Club. It's by no means as funny — it doesn't intend to be — but similar themes (and even the tidy use of an essay as an epilogue) are definitely present. In the film, a charming teen reluctantly falls for his rebound girlfriend even as he battles burgeoning alcoholism and a fuzzy future. Deftly directed by James Ponsoldt (Smashed), few films deal with teenage drama with such skilled tenderness.

STEVE GOW

Apps

Gravity: Don't let go

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

iPhone/iPad/Android
Free

In this heart-pounding interactive trailer for the movie Gravity you become astronaut Dr. Ryan Stone (Sandra Bullock) and must perform tricky maneuvers to survive a harrowing catastrophe in outer space.

THESE PAGES COVER MOVIE START TIMES FROM FRI., OCT. 4 TO THURS., OCT. 10 TIMES ARE SUBJECT TO CHANGE.

Mustang Drive-In -London 2551 Wilton Grove Rd.

Cloudy With a Chance of Meatballs 2 (G) Fri-Sun 7:30 Tue 7:30 Thu 7:30
Gravity (PG) Fri-Sun 7:40 Tue 7:40 Thu 7:40
Grown Ups 2 (PG) Fri-Sun 9:05 Tue 9:05 Thu 9:05
No Films Showing Today (STC) Mon Wed
Prisoners (14A) Fri-Sun 9:10 Tue 9:10 Thu 9:10

Hyland Cinema 240 Wharncliffe Road South

The Attack (14A) Fri 5 Sat 1 Sun 3 Mon 6:25 Tue 1 Wed 3 Thu 9
Blue Jasmine (14A) Fri 1-9 Sat 3-7 Sun 1-5 Mon 12:45-4:30 Tue 3-7 Wed 1-9 Thu 1-7
In a World... (14A) Fri 3 Sat 5 Sun 9 Tue 9 Wed-Thu 5
No (14A) Mon 9
The Spectacular Now (14A) Fri 7 Sat 9 Sun 7 Mon 2:40 Tue 5 Wed 7 Thu 3

Rainbow Cinemas London 355 Wellington St.

Captain Phillips (14A) Thu 8
Cloudy With a Chance of Meatballs 2 (G) Fri-Thu 1:15-3:30-7:15-9:25
Don Jon (18A) Fri-Thu 1:10-3:35-7:20-9:30
The Family (14A) Fri-Wed 3:50-9:40 Thu 3:50
Gravity (PG) No Passes Fri-Thu 1-3:25-7:05-9:20
Lee Daniels' The Butler (14A) Fri-Wed 12:55-6:55 Thu 12:55
Machete Kills (14A) Thu 10
Prisoners (14A) Fri-Wed 12:50-3:55-7:30 Thu 12:50-3:55-7
Runner Runner (14A) No Passes Fri-Thu 1:20-3:45-7:10-9:45
Rush (14A) Fri-Thu 1:05-3:40-7-9:35

Western Film Room 340, UCC Building, Argo (14A) Fri-Thu 9:50

The Mortal Instruments: City of Bones (PG) Fri-Thu 7
The World's End (14A) Fri-Thu 9:30

Wellington 8 Cinemas 983 Wellington Rd. S,

Cloudy With a Chance of Meatballs 2 (G) Fri 6:45 Sat-Sun 1:20-6:45 Mon-Thu 5:15
Cloudy With a Chance of Meatballs 2 3D (G) Fri 9:15 Sat-Sun 3:45-9:15 Mon-Thu 7:45
Don Jon (18A) Fri 6:40-9:20 Sat-Sun 1:30-3:40-6:40-9:20 Mon-Thu 5:10-7:50
The Family (14A) Fri 6:30-9:10 Sat-Sun 1:15-4-6:30-9:10 Mon-Thu 5-7:40
Gravity (PG) Sat-Sun 1:10
Gravity 3D (PG) Fri 7:10-9:30 Sat-Sun 3:30-7:10-9:30 Mon-Thu 5:40-8
Insidious: Chapter 2 (14A) Fri-Sun 9:35 Mon-Thu 8:25
Prisoners (14A) Fri 8 Sat-Sun 1:05-4:20-8 Mon-Thu 7:30
Runner Runner (14A) Fri 7:15-9:45 Sat-Sun 1:25-4:10-7:15-9:45 Mon-Thu 5:45-8:15
Rush (14A) Fri 6:50-9:40 Sat-Sun 1-3:50-6:50-9:40 Mon-Thu 5:20-8:10
We're the Millers (14A) Fri 7 Sat-Sun 1:40-4:15-7 Mon-Thu 5:30

Cineplex Odeon Westmount & VIP Cinemas 755 Wonderland Road South

Cloudy With a Chance of Meatballs 2 (G) Sat-Sun 12:20 Wed 1:15
Cloudy With a Chance of Meatballs 2 3D (G) Fri 5:05-7:30-10 Sat-Sun 2:45-5:05-7:30-10 Mon 6:50-9:20 Tue 5:05-7:30-10 Wed-Thu 6:50-9:20
Enough Said (PG) Fri 5:15-7:40-10:10 Sat-Sun 12:35-2:55-5:15-7:40-10:10 Mon 7:40-10 Tue 5:15-7:40-10:10 Wed-Thu 7:40-10 Star & Strollers Screening Wed 1
Funny Girl (STC) Wed 6:30
Gravity 3D (PG) No Passes Fri 5:30-7:50-10:15 No Passes Sat-Sun 12:45-3:05-5:30-7:50-10:15 No Passes Mon 7:10-9:40 No Passes Tue 5:30-7:50-10:15 No Passes Wed 1:25-7:10-9:40 No Passes Thu 7:10-9:40 No Passes Fri 4:15-7:10-10 No Passes Sat-Sun 1:30-4:15-7:10-10 No Passes Mon 8 No Passes Tue 4:15-7:10-10 No Passes Wed-Thu 8
Insidious: Chapter 2 (14A) Fri-Sun 8-10:30 Mon 7-9:30 Tue 8-10:30 Wed-Thu 7-9:30
Lee Daniels' The Butler (14A) Fri 3:40-6:40-9:45 Sat 12:30-6:40-9:45 Sun 12:30-3:40-6:40-9:45 Mon 6:30-9:25 Tue 3:40-6:40-9:45 Wed 6:30-9:25 Thu 9:25
The Metropolitan Opera: Eugene Onegin (STC) Sat 12:55
Planes (G) Sat-Sun 12:40
Planes 3D (STC) Fri 5:20 Sat-Sun 3-5:20 Tue 5:20
Prisoners (14A) Fri 3:30-7-10:20 Sat-Sun 12:10-3:30-7-10:20 Mon 7:30 Tue 3:30-7-10:20 Wed-Thu 7:30 Fri 3:45-6:40-9:30 Sat-Sun 1-3:45-6:40-9:30 Mon 8:30 Tue 3:45-6:40-9:30 Wed-Thu 8:30 Star & Strollers Screening Wed 1
Rush (14A) Fri 3:50-6:50-9:50 Sat-Sun 1-3:50-6:50-9:50 Mon 6:40-9:35 Tue 3:50-6:50-9:50 Wed 1:20-6:40-9:35 Thu 6:40-9:45 Fri 4:45-7:40-10:25 Sat-Sun 2-4:45-7:40-10:25 Mon 7:30 Tue 4:45-7:40-10:25 Wed-Thu 7:30
Vermeer and Music: The Art of Love and Leisure (STC) Thu 7:30
We're the Millers (14A) Fri 4:15-7:15-10 Sat 4-7:15-10 Sun 1:15-4:15-7:15-10 Mon 7:20-9:55 Tue 4:15-7:15-10 Wed 9:55 Thu 7:20-9:55

SilverCity London 1680 Richmond St

Battle of the Year 3D (PG) Fri 7-9:45 Sat 10:15 Sun 7 Mon 9:50 Tue-Wed 7-9:45 Thu 7
Captain Phillips (14A) Sat 7 Thu 9:35
Cloudy With a Chance of Meatballs 2 (G) Fri 1:05-3:35 Sat 11:30-1:50-4:15 Sun-Thu 1-3:35
Cloudy With a Chance of Meatballs 2 3D (G) Fri 1:30-4:20-6:55-9:30 Sat-Sun 12:25-2:50-5:15-7:40-10:10 Mon-Thu 1:30-4:20-6:50-9:30
Don Jon (18A) Fri-Mon 1:10-3:30-5:50-8:05-10:25 Tue 1:10-3:30-5:50-8:05-10:35 Wed-Thu 1:10-3:30-5:50-8:05-10:25
The Family (14A) Fri 1:40-4:30-7:15-10:20 Sat 12-2:35-5:20-7:50-10:20 Sun 1:40-4:30-7:15-10:20 Mon-Thu 1:50-4:30-7:40-10:20
Generation Iron (STC) Mon 7:30
Gravity 3D (PG) No Passes Fri 2:50-5:10-7:30-10 No Passes Sat 12:30-2:50-5:10-7:30-10 No Passes Sun 12:30-2:50-5:10-7:35-10 No Passes Mon-Thu 1:40-4:10-7:30-10
Gravity: An IMAX 3D Experience (PG) No Passes Fri-Thu 1:10-3:30-5:50-8:10-10:30
Insidious: Chapter 2 (14A) Fri 1:50-4:40-7:50-10:45 Sat 12:25-3-5:35-8-10:45 Sun 12:25-2:55-5:20-7:45-10:15 Mon-Thu 1:45-4:25-6:55-9:50
Lee Daniels' The Butler (14A) Fri 1:15-4:15-7:10-10:15 Sat 1:40-7:10-10:15 Sun 1:15-4-9:50 Mon-Wed 1:15-4:15-7:10-10:15 Thu 1:15-4:15-7:10
Machete Kills (14A) Thu 10
The Metropolitan Opera: Eugene Onegin (STC) Sat 12:55
Open Season (G) Sat 11
Prisoners (14A) Fri 12:55-4-7:20-10:35 Sat 12:40-4-7:20-10:35 Sun 12:35-3:45-6:55-10:05 Mon 12:55-4-6:45-10:10 Tue-Thu 12:55-4-7:05-10:10
Runner Runner (14A) No Passes Fri-Sat 1:20-3:40-6-8:20-10:40 No Passes Sun-Mon 1:20-3:40-6-8:15-10:30 No Passes Tue 1:20-3:40-6-8:15-10:40 No Passes Wed 3:40-6-8:15-10:30 No Passes Thu 1:20-3:40-6-8:15-10:30 Star & Strollers Screening, No Passes Wed 1
Rush (14A) Fri-Tue 1:05-4:10-7:05-10:05 Wed 4:10-7:05-10:05 Thu 1:05-4:10-7:05-10:05 Star & Strollers Screening Wed 1
Vermeer and Music: The Art of Love and Leisure (STC) Thu 7:30
We're the Millers (14A) Fri 1:30-4:05-7:30-9:55 Sat 11:10-4:35-7:30-9:55 Sun 1:30-4:05-7:30-9:55 Mon-Wed 1:25-4:05-7:15-9:55 Thu 1:25-4:05-9:55
WWE Battleground 2013 (STC) Sun 8

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Nothing better than the real thing: Fact-based films that refuse to fade

Films. From that Stones gig to the man who lived with the bears, Metro's DVD reviewer Peter Howell lists his top films based on reality

PETER HOWELL
scene@metronews.ca

Real life gets split between dramas and documentaries in movie parlance, but in reality it's a tug between brain and heart. You want to believe that the stories you see on screen are actually true, or a close approximation of the truth. But you also want to feel them. To really succeed, these accounts have to resonate within a deep well of universal experience; our collective sense of humanity.

Here are my Top 10.

The Right Stuff(1983)
Tom Wolfe's bestselling book about the Mercury Seven astronauts of America's first manned space effort of the early 1960s takes flight in Philip Kaufman's vivid screen adaptation. John Glenn (Ed Harris) and Alan Shepard (Scott Glenn) dominate the brush-cut fly boys, who aren't afraid to stare down a faulty heat shield or a prickly LBJ as they reach for the stars.

Man With a Movie Camera (1929)
Offering a film school's worth of technique in 68 fleeting minutes, this 1929 monochrome silent documentary by Russia's pioneer Dziga Vertov radically points to future cinema while examining the daily lives of ordinary Ukrainians. Film critics voted it the number eight movie of all time in the 2012 Sight and Sound poll.

Gimme Shelter (1970)
Insanity dances to Sympathy for the Devil and wields both knife and gun in this chilling Rolling Stones documentary by the great Albert and David Maysles. The Stones tried to one-up Woodstock by headlining a free 1969 concert at California's Altamont Speedway, but bad planning, rough staging and violent Hells Angels security combined for a lethal stabbing and a generational reckoning.

The Fog of War (2003, subtitled)
Eleven Lessons from the Life of Robert S. McNamara, Errol Morris's potent inquiry into the mind of former U.S. Defense Secretary Robert McNamara makes for a classic study of regret and reflection. McNamara candidly discusses the tough decisions he made during the Kennedy and Johnson administrations, letting us know just how awful the Vietnam War was and how close we all came to nuclear oblivion during the Cuban Missile Crisis.

Stop Making Sense (1984)
Arguably the best concert film ever, Jonathan Demme's document of the Talking Heads at their rocking peak begins with an empty stage and an air of anticipation. Frontman David Byrne walks on to play Psycho Killer on acoustic guitar, and each new song brings another band member and more equipment. It's a music doc from the ground up, expertly paced and played.

When We Were Kings (1996)
Muhammad Ali and George Foreman went just eight rounds together in their 1974 Rumble in the Jungle championship bout in Zaire, but film director Leon Gast went through 23 years of adversity to get their story on the screen. Money troubles and rights issues forced Gast to keep the raw footage stored on the floor of his New York apartment, but when the time finally came to put it together, he stung like a bee. The result was a powerful account and an Oscar-winning documentary.

Exit Through the Gift Shop (2010)
Documentary or mockumentary? Honest veil-lifter or cynical leg-puller? The British street artist Banksy leaves everybody guessing with this confounding yet entertaining saga that begins with a potted history of modern street art, before morphing into a bizarre account of Mr. Brainwash, a French immigrant in Los Angeles, who may be an inspired image maker — or may just be a complete fraud.

Stories We Tell (2012)
Actor/director Sarah Polley grew up hearing complicated whispers about the circumstances of her birth and the free-spirit actions of her mother, Diane. Polley dons a metaphorical Sherlock's cap to inquire into the rumours, a draining process that threatens to put her at odds with her family, but which also yields one of the most astounding and emotive docs in recent memory.

Grizzly Man (2005)
Wildlife enthusiast Timothy Treadwell believed that grizzly bears would never hurt a human who truly loved them; he died for this naive assumption. He left behind 100 hours of video footage that ace documentarian Werner Herzog fashioned into a film both lyrical and horrifying, the true story of a man who, to use the words of Shakespeare, "loved not wisely but too well."

The Assassination of Jesse James by the Coward Robert Ford (2007)
The title may sound like it tells all you need to know about this infamous Wild West occurrence, but Andrew Dominik's dramatic feature provides much more. It digs deep into the psyches and motivations of charismatic outlaw James (Brad Pitt) and his admirer and antagonist Ford (Casey Affleck), the latter a man undone by jealousy and resentment. TORSTAR NEWS SERVICE

Mick Jagger and The Rolling Stones were the focal point of Gimme Shelter.

Street artist Banksy made the confusing but intriguing Exit Through The GiftShop.

Brad Pitt played Jesse James in the factual western classic. ALL IMAGES CONTRIBUTED

Bulat's third album informed by a loss

New music. Tall Tall Shadow, written using a free-style approach, walks the line between devastating and hopeful

Basia Bulat still has a hard time talking about her recent loss of a loved one, which is perhaps part of why she chose to sing about it.

So it was that the Juno-nominated singer/songwriter found herself grief-stricken and reeling just two months before she was set to record the followup to her standout sophomore record Heart of My Own. She'd already crafted an album's worth of new material, but given the sad recent developments she was enduring, she tossed aside what she'd written and started again.

And she found the music just poured out of her.

"I wanted to restart and ... really not hold myself back in the singing and the writing, and just see what might come out," the Toronto-based singer said in a recent interview. "It wasn't really, 'Now I'm going to write about this and now I'm going to write about that.' It was more of a free-form approach to writing.

"One of the songs on the record, It Can't Be You, I was just playing the triangle and singing, whatever came out was the song. It happened really quickly. It wasn't like, 'Hey, let's explore this.' It was literally what was in my heart at the time of writing."

And the resultant record — Tall Tall Shadow, in stores this week — is appropriately intimate and devastating as one would expect, but also fairly hopeful.

Perhaps that reflects what Bulat says was a liberating recording experience working with producers Tim Kingsbury and Mark Lawson, the former a member of Arcade Fire and the latter a Grammy-winning engineer on that Montreal band's 2010 smash The Suburbs. Past collaborator Howard Bilerman, another Arcade Fire associate, also contributed.

But even as her network of co-conspirators broadened, Bulat seemed to put ever more of herself into her music. She capably employs an especially broad array of instruments: guitar, piano, synthesizer, pianoette, organ, autoharp, charango and wurlitzer.

"I played more of the instruments this time around on this record, and that was in part a conscious decision," she says. "Just to see, can I push myself? How much of this can I do?"

"The thing with instruments," she continues, "is just we tried so many different arrangements, but it always came back to the same thing: what is the best way to tell the story in song?"

Those stories, meanwhile, are her most personal yet. She acknowledges that the songs are informed by the aforementioned loss — about which, she chooses to say only: "I lost somebody very close to me" — but rarely does she succumb to simple anguish, sounding at times determined to overcome the pain.

She is, however, unguarded in a way she hasn't been before, opening herself up to a new vulnerability.

"I've always taken from my own life and my own stories, but I think never as directly as this time around," she said. "I think I didn't really try to hide what was going on in the way that I might have in the past. And I think that's another element of taking a risk, I guess."

Many of the tracks feature some degree of unobtrusive electronics in the mix — another change — but it doesn't fundamentally alter the nature of Bulat's delicate folk-pop.

That song, Tall Tall Shadow, was the last Bulat wrote for the album and its lyrics are ambitiously intended to incorporate elements of the rest of the album's songs.

THE CANADIAN PRESS

Juno nominated singer, Basia Bulat.
CHRIS YOUNG/THE CANADIAN PRESS

Deeper meaning

Explaining the words

- **Quote.** "The words Tall Tall Shadow — a shadow only exists with light, right?" Bulat says. "So you need both. And they're both there in every song."

Finding new gems from North of the border

SOUND CHECK
Alan Cross
scene@metronews.ca

It's an all-Canadian affair this week with two new releases and something rescued from the archives.

Stereo/The Watchmen

Back in 1999 on a promo tour of Australia, Winnipeg's Watchmen played an acoustic show at a place called the Hopetoun Hotel. This recording has been resurrected and posted for free download on the band's site.

However Long/ Brendan Canning

A wonderfully gentle song from the Broken Social Scene co-founder from his just-released solo record, You Gots 2 Chill.

The Slo/The Balconies

What began as a reasonably mild indie pop band has become more rugged and raw. Their latest video punctuates that.

Liam Hemsworth and Miley Cyrus. ALL PHOTOS GETTY IMAGES

Did Miley make Liam the star he is today? It seems Cyrus would say so

While Miley Cyrus and Liam Hemsworth officially split in September, the breakup reportedly dragged out over four months — with Cyrus guilt-tripping Hemsworth for the bulk of it, according to Radar Online. "She was constantly reminding him that she 'helped make him a star' through their movie, The Last Song, and she'd brag that she 'introduced him to the world,'" a source says. "Miley was super-manipulative with Liam and she used the movie to trap and guilt him into staying in a relationship with her."

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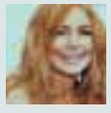

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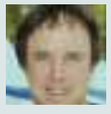

@kevin_nealon
Breaking News: Humans to blame for climate change. Someone please step forward to be sacrificed.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Bynes' parents speak out on misinformed media

MELINDA TAUB
Metro World News

After months of speculation about Amanda Bynes' whereabouts and treatment, her mother Lynn Bynes has spoken publicly for the first time. "I would really like everyone out there to know that almost 99 per cent of the things written about my daughter in various media outlets are false or misleading," Lynn told People in a statement.

Reports have placed Amanda at various treatment facilities since she was placed in her parents' custody this summer, but Lynn went on to explain that the Bynes family had decided not to release any details on Amanda's condition.

"Please know that neither myself or other family members have ever released any information regarding her treatment or diagnosis. We truly believe in keeping our daughter's situation private for now."

Totally understandable. Let us know if you change your mind and would like to satisfy our nosy, inappropriate curiosity.

We'll be here.

Lynn ended her statement on a note of hope, saying, "Both my husband and I love Amanda very much and we know that she will get through this situation."

The former actress was hospitalized back in July for setting a fire in the driveway of a stranger's home in Thousand Oaks, Calif.

The cops investigated the former child star and determined she needed to be hospitalized on a 5150 hold, which is an involuntary hospitalization for mental evaluation which lasts 72 hours.

Her parents were granted a conservatorship over the troubled young star shortly after that.

Downey Jr.'s junior seeks help for prescription med problems

Robert Downey Jr.

While Robert Downey Jr. has a lengthy history with substance abuse issues, this is a first for his 20-year-old son, Indio, who is reportedly undergoing rehab treatment for help with prescription pain medication, according to the National Enquirer. Indio's mother, Deborah Falconer, confirms to the publication that Indio is receiving treatment, but "he is not addicted. He was taking one pill a day," she insists, explaining that Indio is receiving "holistic, natural and orthomolecular" therapy. "We are hoping to do it the homeopathic way rather than with medications." The Iron Man star is reportedly not taking the news well. "This is a nightmare for Robert because his boy has never been in trouble before," a source says. "He's praying for Indio's recovery."

Justin Bieber

Sure Bieber's been a bad boy, be we won't be seeing him behind bars

Justin Bieber may be displaying some brash and juvenile behaviour, but it's apparently not enough for him to head to court over. Prosecutors have declined to press charges against the singer over an incident in which he reportedly spat in a neighbour's face after the neighbour confronted him for his reckless driving near his Calabasas, Calif., home, according to E! News. According to the prosecutors' report, Bieber's reaction seemed "disproportionate and immature" but was not necessarily criminal. Bieber also will not be facing charges over a separate reckless driving claim, as there is insufficient evidence that he was behind the wheel of his Ferrari at the time.

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TEACHERS INSPIRE FUTURE LEADERS

On Oct. 5, World Teachers' Day, take time to recognize and celebrate the contribution of teachers around the world and honour those who have made a difference for their students.

Ontario students consistently rank among the top performers in the world, thanks in large part to the quality and commitment of their teachers.

Ontario teachers are well respected and receive the professional support from their unions needed to perform their critical roles, which translates into excellent outcomes for students.

Education isn't simply about learning the three Rs, and teaching is about more than just delivering curriculum. Teachers are inspiring, motivating and empowering future leaders. A healthy democracy and a vibrant economy are dependant upon a well-educated population that is socially aware and civically engaged.

"Teachers are crucial to the development and maintenance of a civil society," says James Ryan, president of the Ontario English Catholic Teachers' Association (OECTA). "They encourage self-discipline, instill learning skills and help build character, while remaining committed to their own professional development and growth."

CONTRIBUTED

Teacher unions are also committed to social justice and the promotion of the common good.

Around the world, teachers dedicate their lives to educating children and adults to improve the human condition.

Unfortunately, in many countries teachers are not as well respected or supported as they are here in Canada. They may work in unsafe conditions, under the threat of persecution, lacking basic necessities, and for little pay.

"There is a definite correlation between poverty and education," Ryan says. "Societies that place a high premium on the education of their people see greater levels of engagement and prosperity."

World Teachers' Day is a time to celebrate what has been achieved in Ontario, but it is also a time to reflect upon what still needs to be done around the world.

A DAY DEVOTED TO EDUCATORS

In 1994, the United Nations Educational, Scientific and Cultural Organization (UNESCO) proclaimed Oct. 5 to be World Teachers' Day. This day is devoted to appreciating, assessing and improving the educators of the world.

Teaching is one of the world's most important services — this day was created to give these vital professionals the recognition they deserve.

Add a little Italian to your seafood stew

Cioppino. This version of the savoury dish tastes just as good as the original, but without all the fat

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This is the standard Italian soup dish called cioppino, but a little lighter on the calories and fat. One serving contains only 238 calories, six grams of fat and 33 grams of protein.

Not a fan of white fish? Feel free to use any combination of seafood (shrimps and scallops work well) or fish for a great one-dish meal served with a salad or some Italian crusty bread.

Seafood Tomato Stew

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS)

Ingredients

- 1 tbsp vegetable oil
- Half medium onion, chopped
- Half celery stalk, chopped
- 1 tsp crushed garlic
- 1/4 lb mushrooms, sliced
- 2 cans tomatoes (each 19 oz), chopped and drained
- 2 tbsp tomato paste
- 1/3 cup white wine or fish stock
- 1 tsp dried oregano
- 1 1/2 tsp dried basil
- 2 bay leaves
- 24 mussels
- 1/2 lb shrimp, peeled and deveined
- 1/2 lb scallops
- 1/2 lb firm white fish (cod, halibut, haddock), cut into bite-sized pieces
- Chopped fresh parsley

1. In a large nonstick saucepan, heat oil; sauté onion, celery, garlic and mushrooms until softened, approximately 5 minutes.

2. Add tomatoes, tomato paste, wine, oregano, basil and bay leaves; cover and simmer for 25 minutes, stirring occasionally.

3. Scrub mussels under cold water; remove any beards. Discard any that do not close when tapped.

4. Add mussels, shrimp, scallops and fish to pot; cover and cook for 5 to 8 minutes or until mussels open, shrimp are pink and scallops and fish are opaque. Discard any mussels that do not open. Discard bay leaves. Serve immediately.

RECIPE COURTESY OF ROSE REISMAN BRINGS HOME LIGHT COOKING BY ROSE REISMAN (MCM BOOKS)

Liquid Assets

Pairing wine with seafood

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

As a proud Maritimer I know my way around a feed of anything that swims, crawls or attaches itself to a rock in the ocean.

As a wine guy, I'm also aware the term "seafood" casts a huge net, gathering hundreds of flavour profiles that make choosing one liquid partner to satisfy them all nearly impossible.

Of course your favourite aquatic inhabitant rarely gets served alone, so consider everything on the plate when looking for a wine mate.

While today's feature recipe may include more fish than an episode of Jacques Cousteau, it's really the tomatoes that put their stamp on the dish.

Though tomatoes can make a temperamental marriage with wine, seafood stew offers a robust-enough personality to go head-to-head with a red offering good acidity and subtle flavours.

An Italian Chianti is a great choice, as would a New World pinot noir. Mirassou Winery's 2011 Pinot Noir ($12.99 - $14.99) from California is ripe, round and fish-friendly with more than enough grip to tame the influential tomato base.

PETER ROCKWELL IS THE EVERYMAN'S WINE WRITER; FACEBOOK.COM/THEREALWINEGUY

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DIY Thanksgiving

Style gurus Steven Sabados and Chris Hyndman are getting ready for the Thanksgiving holiday and shared these easy, cost-effective DIY projects to help you get into the festive spirit. For more Thanksgiving tips, watch Steven and Chris weekdays at 2 p.m. on CBC.

ALL PHOTOS AND TEXT PROVIDED BY STEVEN AND CHRIS

Pumpkin Alexander cocktail

The wonderful fall flavours that we savour at Thanksgiving need not end once dinner has been devoured. The delicious taste of pumpkin can add an interesting festive twist to a classic Brandy Alexander cocktail.

- 1.5 oz brandy
- 0.5 oz amaretto
- 2 oz crème
- 3 tsp canned pumpkin pie filling
- Nutmeg
- Cinnamon

Method:
1. Drop some crushed ice into a shaker.
2. Add brandy, amaretto, crème and canned pumpkin pie filling.
3. Secure the shaker lid on the shaker.
4. Shake away!
5. Pour the frothy cocktail into a martini glass and garnish with grated nutmeg and cinnamon.

Birch candlestick holders

Birch logs are a chic addition to your fall decor and are often found in robust autumn planters. Incorporate a touch of this rustic elegance into your fall tablescape with these beautiful birch log candlestick holders.

- Saw
- Birch logs
- Drill & spade bit
- Candles

Method:
1. Saw your birch log into varying heights.
2. In the centre of each log drill a hole, approximately one inch in depth (Note: Use a spade bit that is the same width as your taper candle — we used a 3/4-inch bit).
3. Add felt pads to the bottom of all your log rounds.
4. Add your candles to the log holders and display in a cluster for a fun centrepiece.

Mitch Marner, left, and Bo Horvat take a breather at the end of Knights practice on Thursday. ANGELA MULLINS/METRO

Horvat dishes on time in Vancouver

OHL. London centre settling back in as a Knight after learning what it takes to be a pro with Canucks

DAVE LANGFORD
dave.langford@metronews.ca

Bo knows London Knights.

Bo (Horvat that is) should, after all, as he's starting his third season with the team. The Rodney native will make his home debut Friday against the Windsor Spitfires.

But Bo also now knows the Vancouver Canucks. He was a first-round draft choice of the NHL team and just returned to the Knights this week.

So, with all due respect to Bo Jackson's Nike advertising campaign from back in 1989 and 1990, let's just see what Bo knows.

On new and notorious Canucks head coach John Tortorella:

"He's great. I didn't mind him at all. He's really passionate about the game. He's going to get the best out of you. I definitely learned a lot from him."

On goaltender Robert Luongo:

"He works really hard at what he does and he's an unbelievable goaltender.

"He makes saves that you don't think are possible. He's one of the best for sure."

On the Sedin twins, Daniel and Henrik:

"They're on another level for me. Just the way they think the game and play the game. Their work ethic is unbelievable. I have a whole new respect. They win the fitness testing every single year. They are just out of this world."

Horvat said the learning curve was high during his time with the Canucks.

"(I) learned what it took to get there and to stay there," Horvat, 18, said Thursday before practice. "(I) just (gained) some experience from some of the guys and their tendencies and what they do and how they act as pros."

But it didn't take him long to adjust to being back with the Knights. He scored once in Wednesday's 4-2 win on the road in Owen Sound.

Horvat admitted there was some disappointment about being sent back, but it didn't last long.

"It's definitely not bad going back to a Memorial Cup appearance again," he said. "Hopefully (we'll) win a third straight OHL championship. Third time is a charm."

Finn a fit in Pittsburgh

Maatta opens with Penguins

The Pittsburgh Penguins' loss is Olli Maatta's gain.

With the Penguins forced to place Norris Trophy finalist Kris Letang on the injury list this week, London Knights defenceman Olli Maatta was expected to be a starter in the Penguins' home opener Thursday night against the New Jersey Devils.

Maatta, the Penguins' first-round selection in the 2012 NHL draft, has played well in Penguins camp and the injury to Letang will help him gain some valuable playing time.

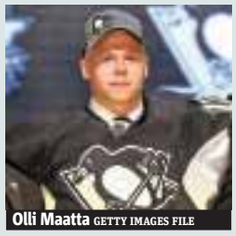
The Penguins have until nine games into the schedule to make a final decision on keeping Maatta or returning him to London.

The Buffalo Sabres also have a Knights defenceman with their club. Nikita Zidorov, however, is out for a month with a broken finger.

Knights head coach Dale Hunter said two players have absorbed much of the playing time in the twosome's absence.

"I think (Alex Basso and Dakota Mermis) logged 34 and 30 minutes (Wednesday night in Owen Sound). Got to give them credit. They're going against the best players. Both are playing well," Hunter said.

DAVE LANGFORD/METRO



Olli Maatta GETTY IMAGES FILE

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Ex-player Bowden joins Lightning management team

NBL Canada. Former guard moves directly to front office after 2 years in London as a player

DAVE LANGFORD
dave.langford@metronews.ca

DeAnthony Bowden is returning for a third season with the London Lightning.

But he won't be shooting baskets. The 33-year-old guard is coming back as an assistant general manager.

His duties will include dealing with players' personal matters, media/public relations, community and charitable appearances and organizing London Lightning youth programs.

DeAnthony Bowden, pictured here during a game at Budweiser Gardens, is moving on up the London Lightning ladder. METRO FILE

"The No. 1 goal of the London Lightning has and will always be to assist the London community as much as possible, and we couldn't have picked a better person to help us achieve this goal," Lightning general manager Taylor Brown said in a Thursday statement. "DeAnthony could have played a few more years, but the timing was right for him to start his new basketball career from the management side.

"We realize that there will be a lot of upset fans, but the main thing is that DeAnthony is still part of the London Lightning family and he can help us grow as a franchise."

Bowden, from Hammond, Ind., averaged 10 points, five assists and two rebounds per game last season. In 2011-12, he averaged 14, four and two.

"I've never heard of a player going straight from the court to management, and with that being said I look forward to working beside Taylor Brown and the rest of our team in our efforts to keep the organization successful," Bowden said.

OUA hockey

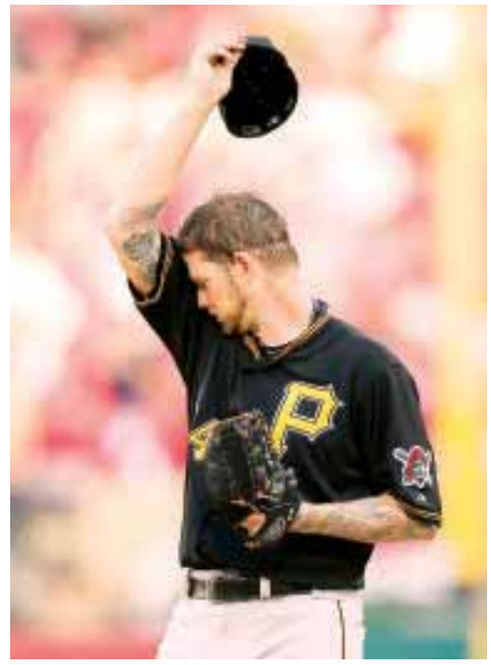
Pair of Mustangs heading to Italy with national team

Western Mustangs women's hockey players Kelly Campbell and Katelyn Gosling were announced Thursday as two of the 20 players selected to represent Canada at the 2013 Winter Universiade Dec. 10 to 21 in Trentino, Italy.

Campbell, a third-year goaltender from St. Thomas, had a stellar year defending the Western net in 2012-13, posting 12 wins and recording a .942 save percentage, placing her second in the country in both categories.

Gosling, a third-year defenceman from London, led all CIS blue-liners in scoring last season with seven goals and 19 assists. The social-sciences student joined Campbell as both an OUA first team all-star and CIS first team all-Canadian.

DAVE LANGFORD/METRO



Burnett bombs in St. Louis

Pittsburgh Pirates pitcher A.J. Burnett wipes his face during the third inning of the National League Division Series opener against the Cardinals on Thursday in St. Louis. Burnett gave up seven runs in the third and the Pirates lost 9-1 in Game 1. CHARLIE RIEDEL/THE ASSOCIATED PRESS

NBA. MLSE gets $500K from Liberals

Ontario's Liberal government came under fire Thursday for quietly giving $500,000 to Maple Leaf Sports and Entertainment to help secure the 2016 NBA all-star game for Toronto.

"It's amazing that they'd find $500,000 to give to the second-wealthiest sports organization in the world," said Progressive Conservative Doug Holyday.

"I don't think NBA basketball needs that help, and I'm certain if the Liberals were proud of doing it they would have made an announcement about it, and they haven't."

Tourism and Sport Minister Michael Chan never mentioned the half-million-dollar grant Monday, even though he was on hand when MLSE, which owns the Toronto Raptors, announced the city would host the NBA all-star celebrations in 2016.

The provincial government also failed to issue a news release to announce the $500,000 grant to MLSE from its "Celebrate Ontario Blockbuster" program. THE CANADIAN PRESS

Ontario Sport Minister Michael Chan
TORSTAR NEWS SERVICE FILE

Don't get too excited yet, Leafs fans

Early-season success. Hot starts for the franchise haven't always meant success at the end of the year

Leafs fans have good reason to be thrilled with their team's start to the season, but hot starts don't always equate to Stanley Cup success. TORSTAR NEWS SERVICE FILE

The Toronto Maple Leafs — and their fans — are riding high heading into their home opener Saturday night against the Ottawa Senators.

The Leafs have won their first two games, in Philadelphia and Montreal, but projecting how they will finish is a fool's game.

If the past is any indication, this good start is hardly a good predictor of Stanley Cup success. Great starts for the Leafs have paid off in Stanley Cups only twice (1962 and 1951) in the last five seasons when the Blue and White took home the championship.

If you want proof of that, consider the last time the Leafs won the cup in 1967.

We looked back at their first 10 games that season.

The Blue and White hardly looked title-worthy early on with a 3-2-5 start (yes, there were tie games back then) in their first 10 games.

That year, the Leafs didn't improve much as the season went on. They finished third (32-27-11) in the six-team league, yet pulled off a six-game upset of the Montreal Canadiens in the cup final.

It didn't start much better when the Leafs won the Stanley Cup in 1963-64. That season, the Leafs went a mediocre 6-4 to begin the season and finished 33-25-12.

However, this is not to say the Leafs were always early-season laggards in their Stanley Cup-winning years.

In the 1961-62 regular season, they actually looked like champions right from puck drop. Toronto got off to a roaring start with a 7-2-1 record and didn't look back, finishing 37-22-11.

The same was true when the Leafs won the Stanley Cup in 1950-51. In that season, they blasted out of the blocks at 7-1-2 in their first 10 and raced to a 41-16-13 mark.

Let's look more recently.

How about the 1992-93 season when the Leafs got to within one victory of advancing to the Stanley Cup final? The team didn't have a roaring start, beginning the season 5-2-2.

However, the Pat Burns-coached team parlayed a great defence into a 44-29-11 record.

More recently, fans should be reminded that the Leafs started off 1-1 in a lockout-shortened season in 2013 and this didn't tell the tale of how their season would go.

Yet they made a spirited late run to finish 26-17-5 and took the Stanley Cup finalist Boston Bruins to seven games in the first round of the playoffs.

TORSTAR NEWS SERVICE

Disappointing finishes

Early success often ends in failure for the Leafs.

- In the 2011-12 season, the Leafs had a 3-0 run to begin the season and then finished under .500 with a 35-37 mark, missing the playoffs.
- They got off to a red-hot 4-0 start in 2010-11, but fell shy of the playoffs with a 37-34 record.

Roy fined for outburst in coaching debut

Patrick Roy was fined $10,000 by the NHL on Thursday for his emotional outburst the night before in his Colorado Avalanche coaching debut.

Soon after the final horn of a 6-1 win, Roy yelled at Anaheim coach Bruce Boudreau and then pounded on the glass partition separating the two benches. Roy was livid over a late knee-to-knee hit on rookie Nathan MacKinnon.

Roy said he will "always defend my players."

Patrick Roy
GETTY IMAGES

The animated Hall of Fame goalie was far from pleased with Boudreau, who took exception to Roy talking to his players and referees. Roy said: "What Boudreau said was all lies.... When you're lying, this is classless."

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Buffalo

Sabres' Leino out with broken rib

Oft-injured Buffalo Sabres forward Ville Leino is out of the lineup once again, this time because of a broken rib.

Coach Ron Rolston announced Thursday that Leino is out indefinitely after he was hurt in Buffalo's season-opening 2-1 loss at Detroit a day earlier.

Rolston said Leino was hurt in the first period, but continued playing. The severity of the injury wasn't revealed until Leino was examined before practice Thursday.

THE ASSOCIATED PRESS

Minnesota

Wild, Pominville agree to terms on 5-year extension

The Minnesota Wild have signed forward Jason Pominville to a five-year contract extension.

The Wild announced the signing on Thursday in advance of the team's season opener against Los Angeles. Terms were not disclosed.

THE ASSOCIATED PRESS

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	4	0	0	1.000	89	57
Miami	3	1	0	.750	91	91
N.Y. Jets	2	2	0	.500	68	88
Buffalo	2	2	0	.500	88	93

NORTH

	W	L	T	Pct	PF	PA
Baltimore	2	2	0	.500	91	87
Cincinnati	2	2	0	.500	81	81
Cleveland	2	2	0	.500	64	70
Pittsburgh	0	4	0	.000	69	110

SOUTH

	W	L	T	Pct	PF	PA
Indianapolis	3	1	0	.750	105	51
Tennessee	3	1	0	.750	98	69
Houston	2	2	0	.500	90	105
Jacksonville	0	4	0	.000	31	129

WEST

	W	L	T	Pct	PF	PA
Denver	4	0	0	1.000	179	91
Kansas City	4	0	0	1.000	102	41
San Diego	2	2	0	.500	108	102
Oakland	1	3	0	.250	71	91

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	2	2	0	.500	104	85
Philadelphia	1	3	0	.250	99	138
Washington	1	3	0	.250	91	112
N.Y. Giants	0	4	0	.000	61	146

NORTH

	W	L	T	Pct	PF	PA
Detroit	3	1	0	.750	122	101
Chicago	3	1	0	.750	127	114
Green Bay	1	2	0	.333	96	88
Minnesota	1	3	0	.250	115	123

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	4	0	0	1.000	108	55
Carolina	1	2	0	.333	68	36
Atlanta	1	3	0	.250	94	104
Tampa Bay	0	4	0	.000	44	70

WEST

	W	L	T	Pct	PF	PA
Seattle	4	0	0	1.000	109	47
San Francisco	2	2	0	.500	79	95
Arizona	2	2	0	.500	69	89
St. Louis	1	3	0	.250	69	121

WEEK 5

Thursday's results
Buffalo at Cleveland

Sunday's games
Seattle at Indianapolis, 1 p.m.
Jacksonville at St. Louis, 1 p.m.
New England at Cincinnati, 1 p.m.
Kansas City at Tennessee, 1 p.m.
Baltimore at Miami, 1 p.m.
New Orleans at Chicago, 1 p.m.
Philadelphia at N.Y. Giants, 1 p.m.
Detroit at Green Bay, 1 p.m.
Carolina at Arizona, 4:05 p.m.
Denver at Dallas, 4:25 p.m.
San Diego at Oakland, 4:25 p.m.
Houston at San Francisco, 8:30 p.m.

NHL

Thursday's results
Calgary at Washington
Tampa Bay at Boston
New Jersey at Pittsburgh
Los Angeles at Minnesota
Florida at Dallas
Nashville at St. Louis
NY Rangers at Phoenix
Vancouver at San Jose

Wednesday's results
Toronto 3 Philadelphia 1
Detroit 2 Buffalo 1
Colorado 6 Anaheim 1

Friday's games
Calgary at Columbus, 7 p.m.
Detroit at Carolina, 7 p.m.
Ottawa at Buffalo, 7 p.m.
NY Islanders at New Jersey, 7 p.m.
Los Angeles at Winnipeg, 8 p.m.
Nashville at Colorado, 9 p.m.

Saturday's games
Philadelphia at Montreal, 7 p.m.
Buffalo at Pittsburgh, 7 p.m.
Detroit at Boston, 7 p.m.
Ottawa at Toronto, 7 p.m.
Columbus at NY Islanders, 7 p.m.
Tampa Bay at Chicago, 8 p.m.
Washington at Dallas, 8 p.m.
Florida at St. Louis, 8 p.m.
Anaheim at Minnesota, 8 p.m.
Edmonton at Vancouver, 10 p.m.
Phoenix at San Jose, 10:30 p.m.

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Toronto	13	9	4	0	388	337	18
Hamilton	13	6	7	0	327	364	12
Montreal	13	5	8	0	302	361	10
Winnipeg	13	2	11	0	268	421	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Calgary	13	10	3	0	408	312	20
x-B.C.	13	9	4	0	378	319	18
Saskatchewan	13	8	5	0	388	299	16
Edmonton	13	3	10	0	316	362	6

x-clinched playoff berth

Friday's games — All Times Eastern
Hamilton at Toronto, 7 p.m.
Saskatchewan at B.C., 10 p.m.

Saturday's games
Montreal at Edmonton, 3:30 p.m.
Winnipeg at Calgary, 6:30 p.m.

MLB

AL DIVISION SERIES
(Best-of-5)

DETROIT VS. OAKLAND

Friday's game
Detroit (Scherzer 21-3) at Oakland (Colon 18-6), 9:37 p.m.

Saturday, October 5
Detroit (Verlander 13-12) at Oakland (Gray 5-3), 9:07 p.m.

BOSTON VS. TAMPA BAY

Friday's game
Tampa Bay at Boston 3:07 p.m.

Saturday, October 5
Tampa Bay at Boston 5:37 p.m.

NL DIVISION SERIES
(Best-of-5)

L.A. DODGERS VS. ATLANTA

Thursday's result
L.A. Dodgers at Atlanta

Friday's game
L.A. Dodgers (Greinke 15-4) at Atlanta (Minor 13-9), 6:07 p.m.

ST. LOUIS VS. PITTSBURGH

Thursday's result
Pittsburgh at St. Louis

Friday's game
Pittsburgh at St. Louis (Lynn 15-10), 1:07 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Your heart will point you in the right direction today and if you are smart you won't ask questions, you will just go where it tells you to go

♉ Taurus
April 21 - May 21
You probably won't get a lot of free time today and over the weekend, so make sure others know you are going to be busy.

♊ Gemini
May 22 - June 21
Nothing and no one can stand between you and your goal, but don't get carried away. More important than success is that you reach it appropriately, playing by the rules and helping others along the way.

♋ Cancer
June 22 - July 23
Petty squabbles could easily get out of hand over the next two or three days, so make it a point of honor to control your temper.

♌ Leo
July 24 - Aug. 23
Travel and socialize as much as possible today and over the weekend, because the new moon will introduce you to people and places that bring a smile to your face. Life is good and about to get even better.

♍ Virgo
Aug. 24 - Sept. 23
A new moon in the financial area of your chart means you will get what you deserve, nothing more and nothing less. It's not all about money, of course, but it's a pretty good way of measuring how successful you've been.

♎ Libra
Sept. 24 - Oct. 23
You will be feeling on top of the world today, and with every good reason. The approaching new moon in your sign means that happy days are here again.

♏ Scorpio
Oct. 24 - Nov. 22
It would be foolish to try to bluff your way out of trouble when there really isn't that much at stake. If you have made a mistake then admit it – and maybe follow up with an aggressively Scorpio "so what?".

♐ Sagittarius
Nov. 23 - Dec. 21
You will find it difficult to play by the rules today, especially if other people egg you on to do something outrageous.

♑ Capricorn
Dec. 22 - Jan. 20
Important people expect you to deliver and you must not let them down. You may have to burn the candle at both ends in order to meet your obligations on time but you'll be glad you did, so get on with it.

♒ Aquarius
Jan. 21 - Feb. 19
A new moon in your fellow Air sign of Libra means you can easily escape tasks you don't want to do and people you don't want to get involved with.

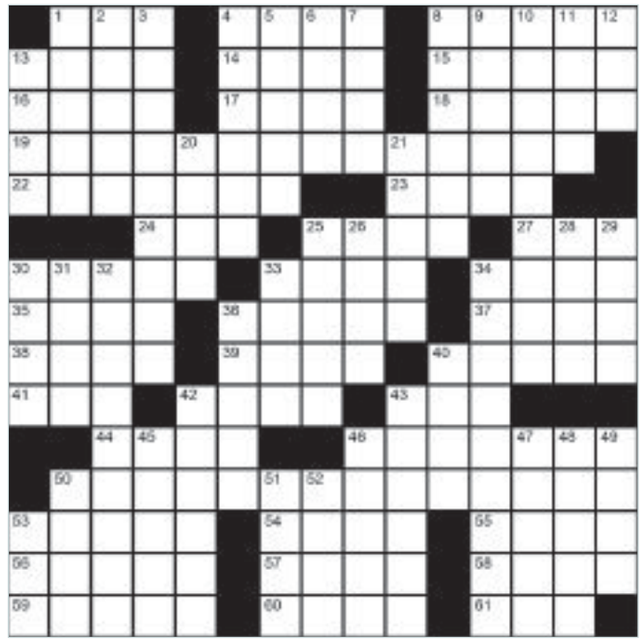
♓ Pisces
Feb. 20 - March 20
Keep your eyes and ears open and, above all, keep an open mind because an offer that comes your way out of the blue is not to be missed.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

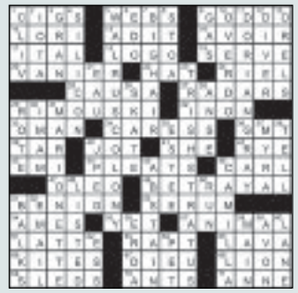
BY KELLY ANN BUCHANAN



Across
1. Teacher's replacement, commonly
4. Boo-hooed
8. Mystery writer Dame Christie, informally
13. __-mucil (Fiber supplement brand)
14. The 'A' in AD
15. Hairstyling headquarters
16. Have ___ __ (Know 'somebody')
17. Winnebago owner, informally
18. Swedish explorer Mr. Hedin, and others
19. Beautiful sights in Canada: 2 wds.
22. Sandra Bullock's new outerspace movie
23. Boxing locale
24. "I'd like to buy __ '_'." ...said the "Wheel of Fortune" contestant
25. Music category
27. Friend ...en francais
30. New Testament star
33. 1722 Daniel Defoe book, __ Flanders
34. Suffix with 'Pluto' (Rich ruler)
35. Environmental sci.
36. Canadian folk singer/songwriter of "Rock and Roll Song"
37. Grain-of-rice shaped pasta
38. Open/__ case
39. Mr. Redding
40. Someone purchasing
41. Type of hill
42. Was in the red
43. Fish that fits here
44. Reasonable
46. Sweeper's reception
50. Bryan Adams hit: 4 wds.
53. Cream of the crop
54. Back
55. Y-__
56. Annoyed: 2 wds.
57. Combine
58. Name things on a pad
59. Open court hearings
60. Some insects
61. Allow

Down
1. Man's courtesy title in Barcelona
2. Mohawk Valley city in New York
3. Robber's would-be-stash holder: 2 wds.
4. Start liking, as an idea: 2 wds.
5. Diplomatic representative
6. Tire: French
7. Conflicted
8. Lash out
9. Singer Mr. DeGraw
10. "__ Glen Ross" (1992)
11. Particles
12. Spelled-out letters
13. Ms. Helgenberger
20. Yangs opposites
21. Letter ender, Yours __...
25. Strong
26. Alberta town
28. Complex path system
29. "Lump __ leave...": 2 wds.
30. "Why surely you __!"
31. Reverberate
32. The Guess Who song that goes "Whatever happened to homes as opposed to houses?": 2 wds.
33. Better half
34. Duncan, BC-born hockey great, Russ __
36. O, for one
40. Savour
42. Early stages of things
43. Palace protectors
45. Fragrant oil from flowers
46. Apportioned
47. Sprite
48. Make _ __ (Pose, boxer-style)
49. Home, informally
50. Be overly sweet
51. "__ la Douce" (1963)
52. Razor-sharp
53. Bigheadedness

Thursday's Crossword

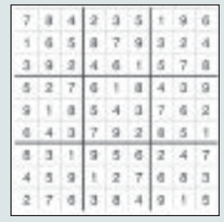


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			4	6				7
4		7		8		6		
					2			1
	9	4	1	5		2		
		2				8		
		3		9	6	1	5	
7			5					
		6		1		4		5
3				4	9			

Thursday's Sudoku



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STARCRAFT $28/week

15' FD Launch

STARCRAFT $30/week

12' RT COMET

STARCRAFT $32/week

16' RB Launch

STARCRAFT $32/week

18' FB ARONE

STARCRAFT $32/week

26 BH AR-ONE

STARCRAFT $33/week

RB 22 PIONEER

PIONEER $35/week

25 BH PIONEER

PIONEER $35/week

1950 RB 2013

WILDERNESS $38/week

278 BH AUTUMN RIDGE

STARCRAFT $38/week

TB 27 PIONEER

PIONEER $39/week

31 QBSS North Trail

North Trail $52/week

329 BHU Autumn Ridge

STARCRAFT $54/week

32 BUDS North Trail

North Trail $56/week

346 RESA Autumn Ridge

STARCRAFT $61/week

2250 BH 2013

WILDERNESS $41/week

25 BHS AR-ONE

STARCRAFT $41/week

BH 27 PIONEER

PIONEER $41/week

229 TB TRAVEL STAR

STARCRAFT $41/week

2175 RB

WILDERNESS $45/week

289 BHS Autumn Ridge

North Trail $49/week

25 RKSS

North Trail $50/week

26 RLSS

North Trail $50/week

28 BRS

North Trail $50,000

DS 31 PIONEER

STARCRAFT $51/week

3150 DS 2013

North Trail $56/week

285 FB TRAVEL STAR

STARCRAFT $56/week

30 RKDD

North Trail $58/week

294 RESA TRAVEL STAR

STARCRAFT $63/week

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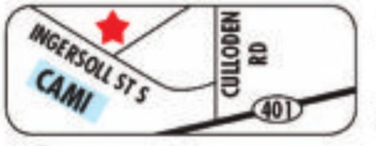

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